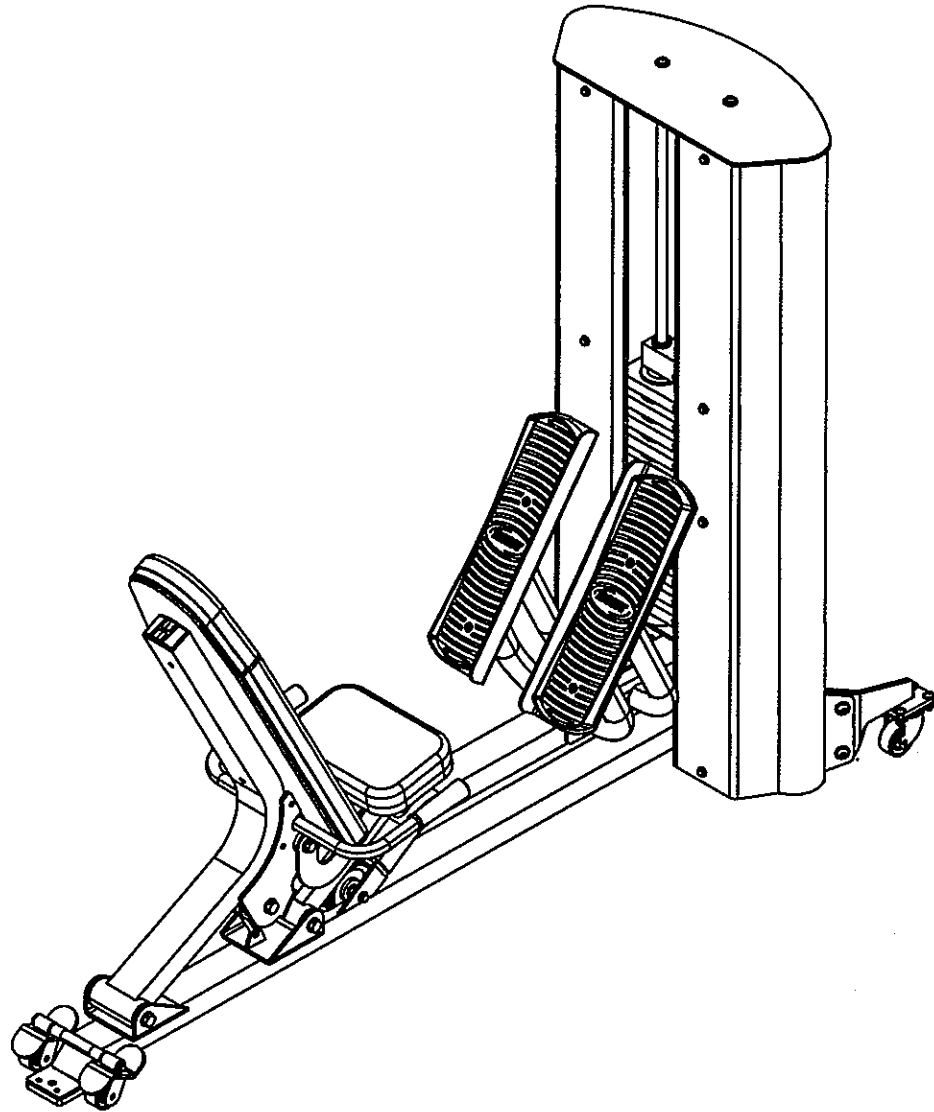


OWNERS MANUAL



KL2403

HACK SQUAT



NOTE: BOTH SERIAL NUMBER AND MODEL NUMBER ARE REQUIRED WHEN ORDERING PARTS

RECORD SERIAL NUMBER HERE

CUSTOMER SERVICE

(800) 548-5438

(858) 578-7676

FAX

(858) 578-9558

JANUARY, 2003

OWNERS MANUAL

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Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

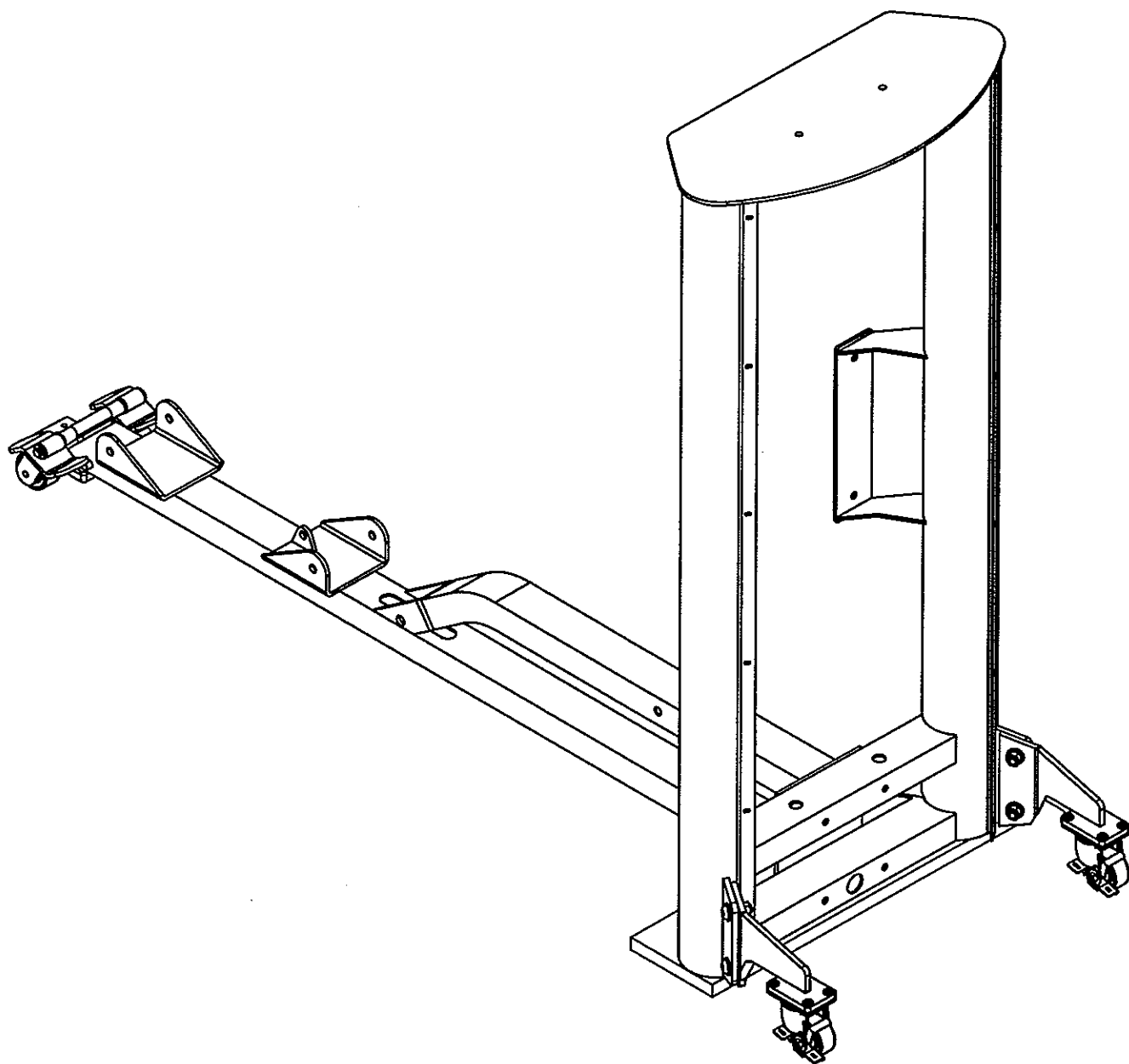
Crescent Wrench

Rubber Mallet

Tape Measure

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KL OPT-01 ASSEMBLY



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Step 2a

KL OPT-01 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (14)'s to (7) and (8) wrench tighten. Now attach (7) and (8) to (1). Wrench tighten bolts.

Part Descriptions

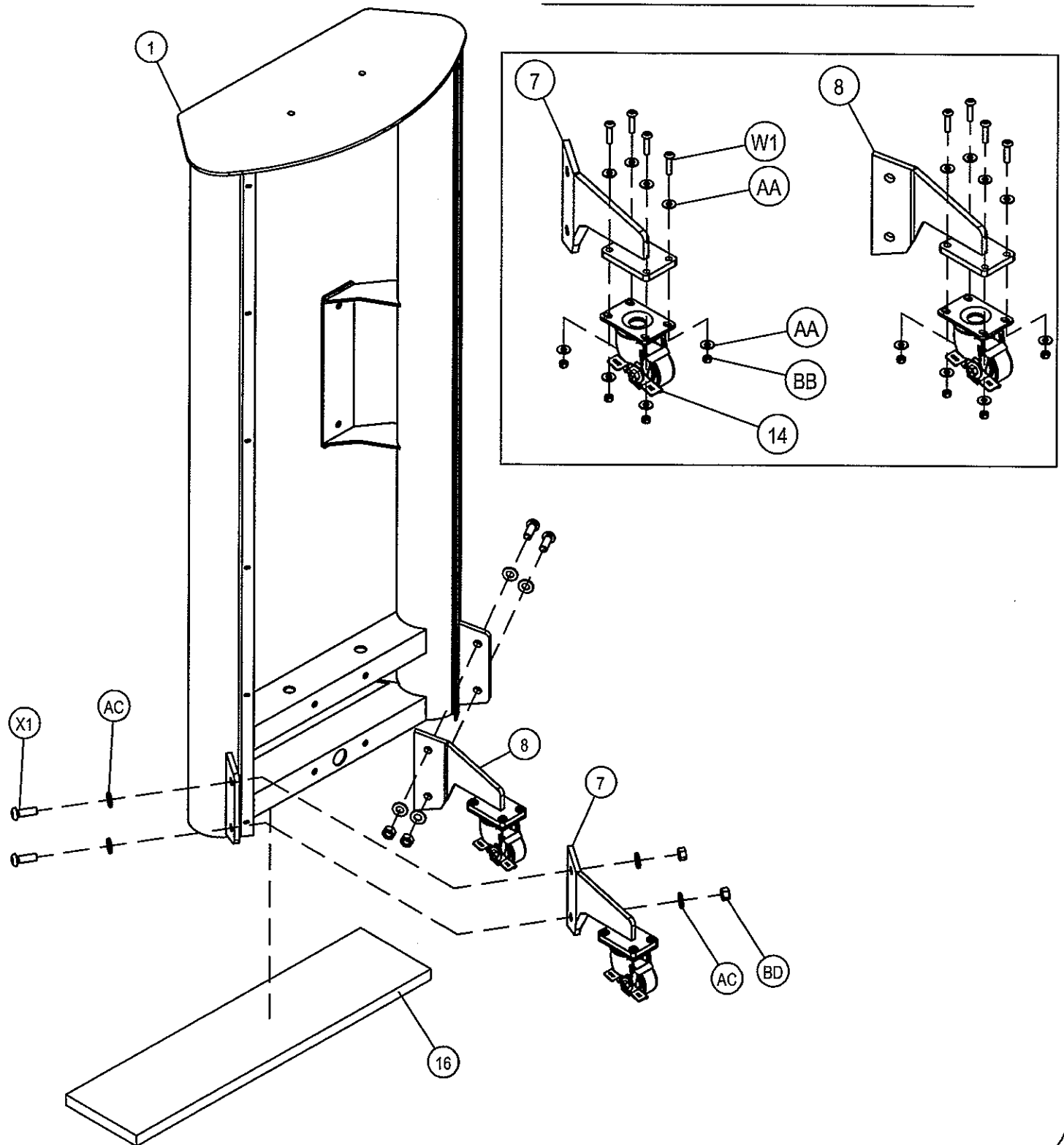
- 1 - Weight Cage Frame Assembly
- 7 - Right Leg Wheel Assembly
- 8 - Left Leg Wheel Assembly
- 14 - Swivel Wheel
- 16 - 0.75" x 7.00" x 25.00" Spacer

Hardware Descriptions

- X1 - 1/2"-13 x 1 1/4" BHB (WZ)
- W1 - 5/16"-18 x 7/8" BHB (WZ)
- AC - 1/2" SAE Flat Washer (WZ)
- AA - 5/16" SAE Flat Washer (WZ)
- BD - 1/2" Thin Lock Nut (WZ)
- BB - 5/16" Thin Lock Nut (WZ)

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KL OPT-01 ASSEMBLY



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Step 2b

KL OPT-01 ASSEMBLY

Start assembly by sliding (11) into (51) and secure it with (41)'s. Now slide (10) into (51). Before sliding (13)'s and (9)'s onto (10) make sure (9)'s are correctly orientated shown like the diagram. Once (13)'s and (9)'s are slid onto both sides of (10) secure it with (41)'s. Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

Part Descriptions

- 9 - Wheel Assembly
- 10 - Wheel Axle (long)
- 11 - Wheel Axle (short)
- 13 - Ø0.516" I.D. Spacer
- 41 - Ø0.50 C-Clip
- 51 - Main Frame Assembly

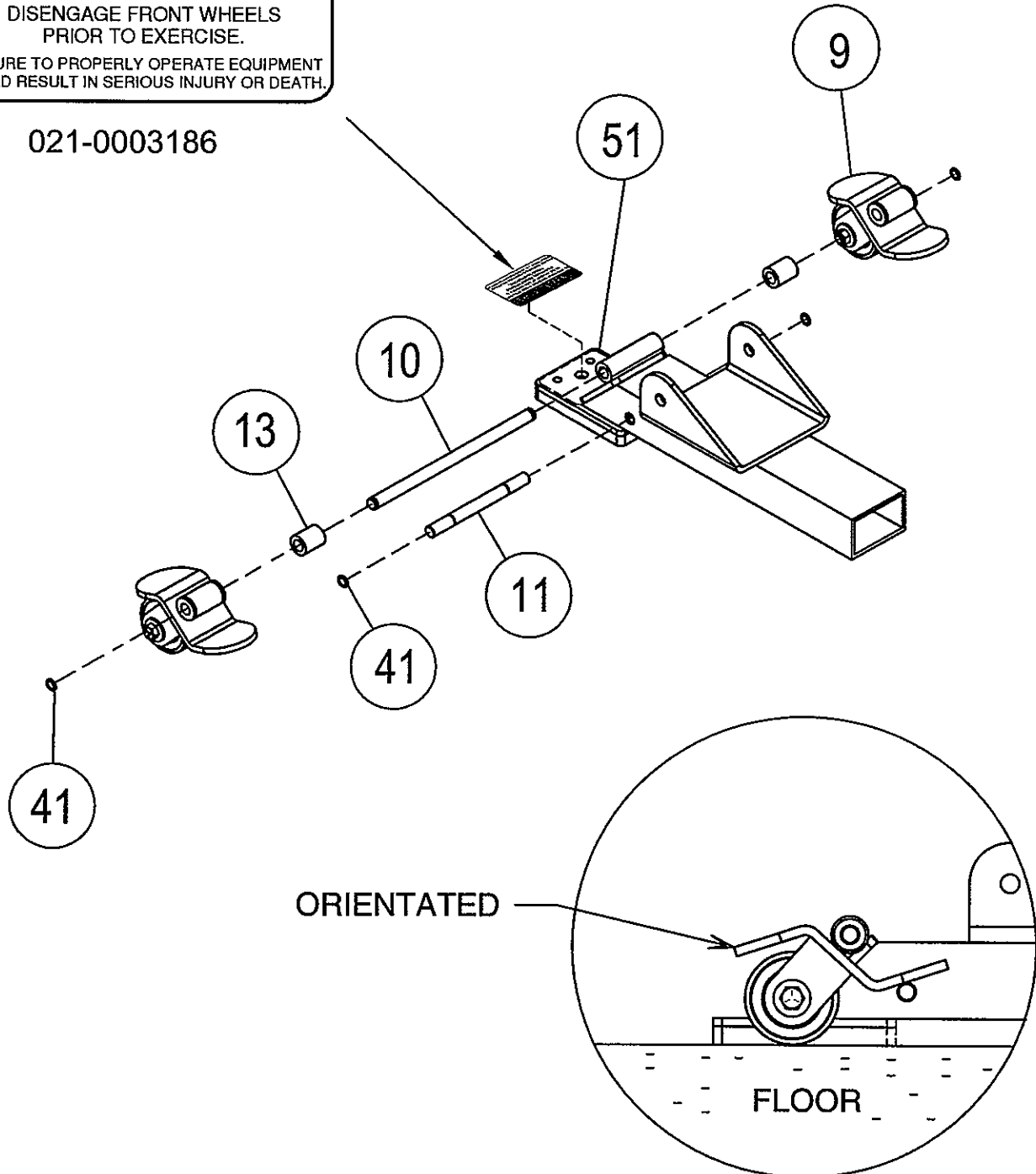
Hardware Descriptions

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! DANGER
TO PREVENT MACHINE FROM ROLLING,
LOCK WEIGHT STACK WHEELS &
DISENGAGE FRONT WHEELS
PRIOR TO EXERCISE.
FAILURE TO PROPERLY OPERATE EQUIPMENT
COULD RESULT IN SERIOUS INJURY OR DEATH.

021-0003186

Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.



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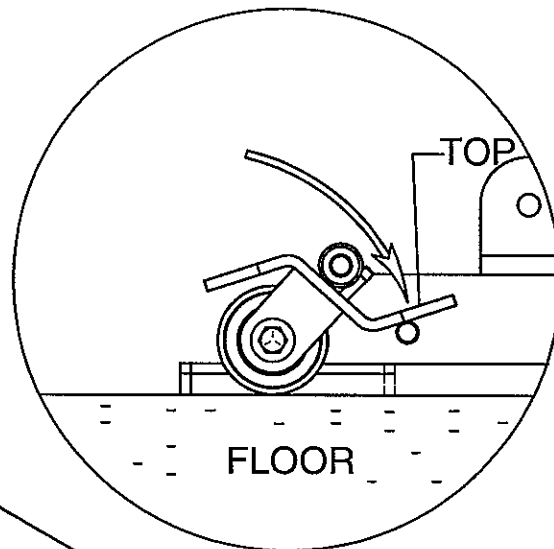
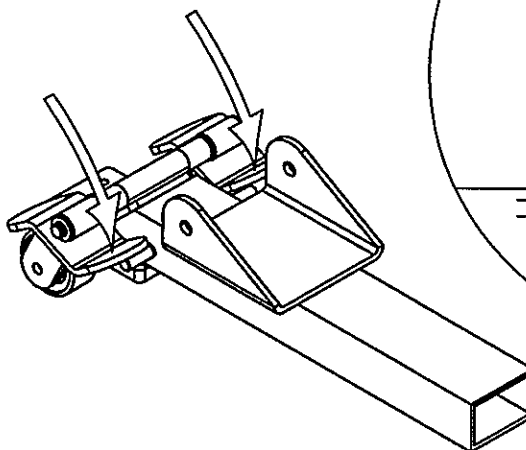
KL OPT-01 OPERATION

PARKED POSITION

To prevent machine from rolling, lock weight stack wheels prior to exercise.

Using foot;

Step down on top part of wheel rocker.

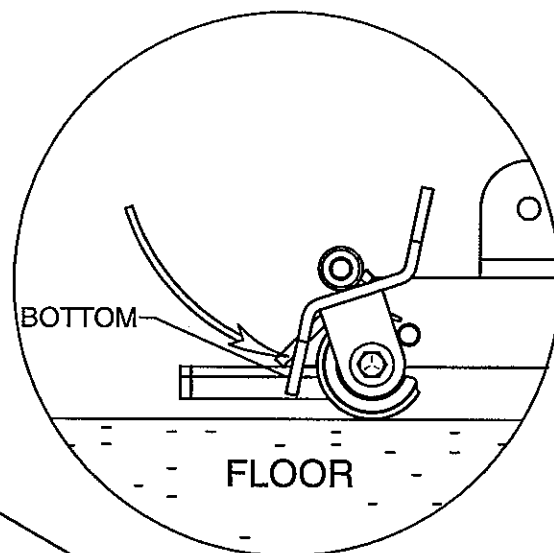
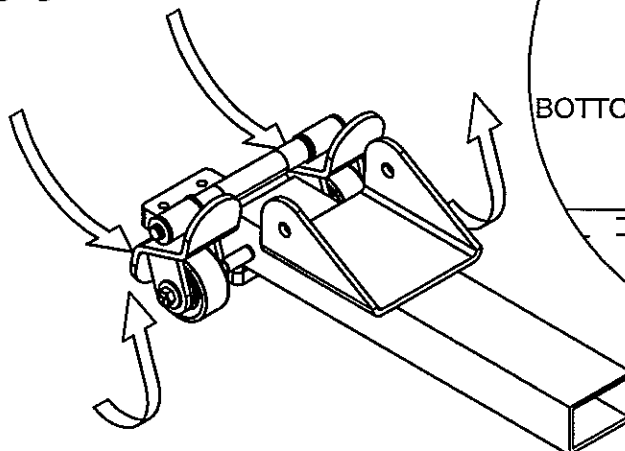


MOVE POSITION

To move machine engage wheels.

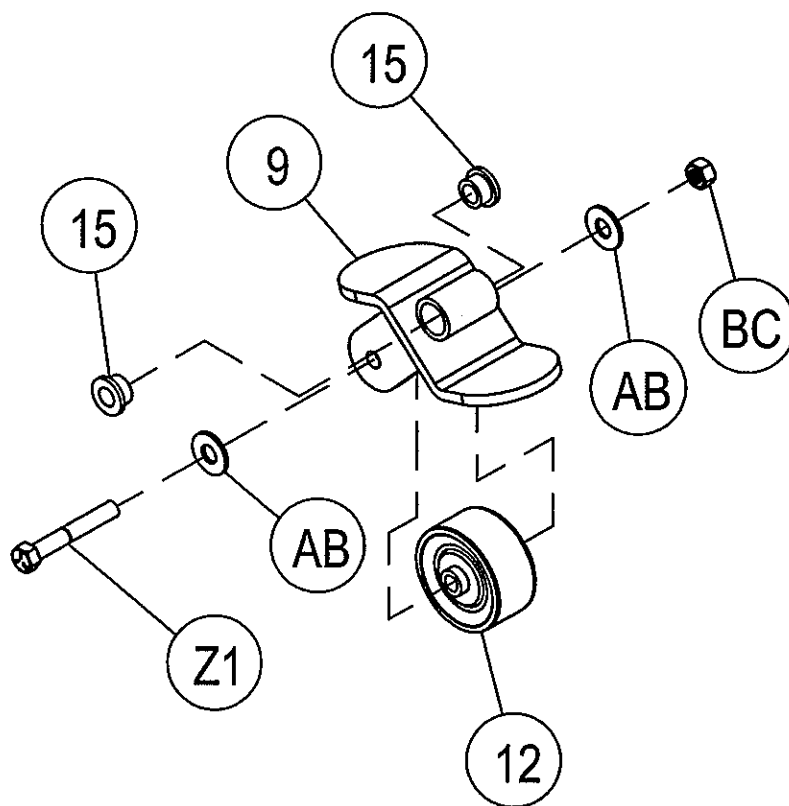
Using foot;

Step down on bottom part of wheel rocker.



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KL OP-01 PRE-ASSEMBLY



Part Descriptions

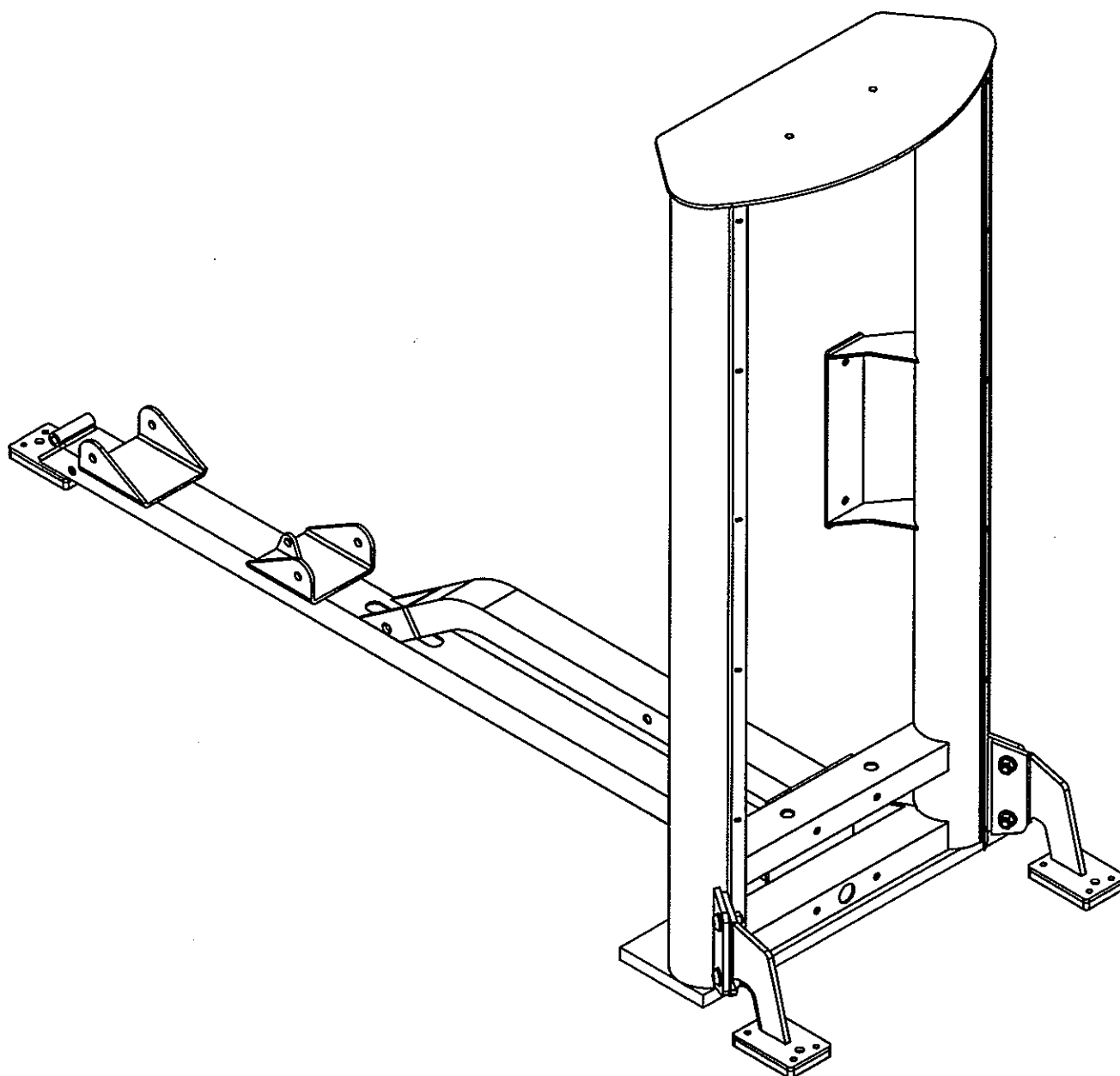
- 9 - Wheel Assembly
- 12 - Ø3" Polyurethane Wheel
- 15 - Ø0.50" I.D. Flange Oilite

Hardware Descriptions

- Z1 - 3/8"-16 x 2 3/4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)

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KL OPT-02 ASSEMBLY



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Step 2a

KL OPT-02 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (CB)'s to (17) and (18) wrench tighten. Now attach (17) and (18) to (1). Wrench tighten bolts.

Part Descriptions

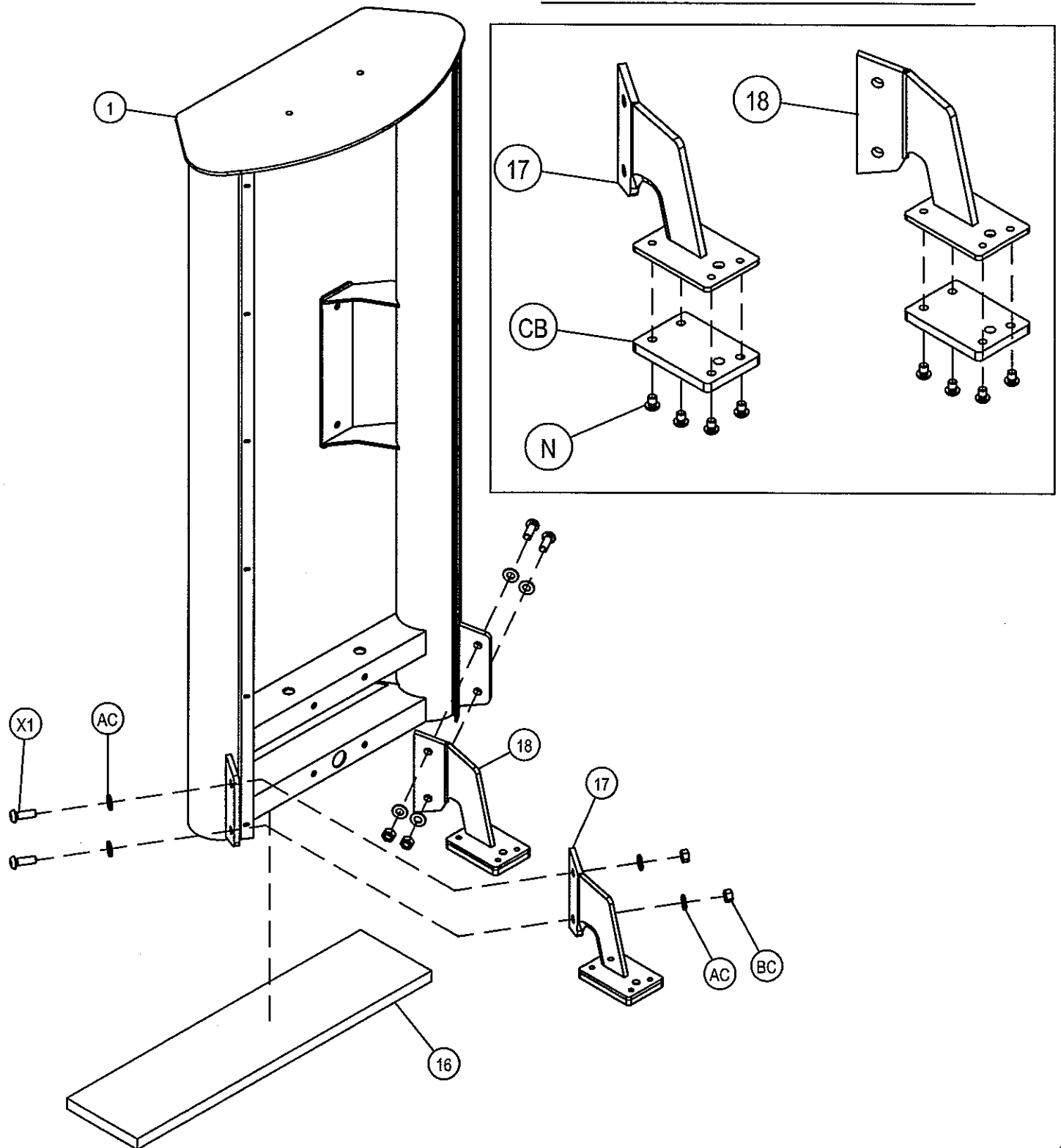
1 - Weight Cage Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
17 - Right Foot Assembly
18 - Left Foot Assembly

Hardware Descriptions

X1 - 1/2"-13 x 1 1/4" BHB (WZ)
N - 3/8-16 x 11.3mm BHS (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BC - 1/2" Thin Lock Nut (WZ)
CB - SBR Rubber Foot Pad

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KL OPT-02 ASSEMBLY



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KL OPT-01 ASSEMBLY PART/HARDWARE LISTING

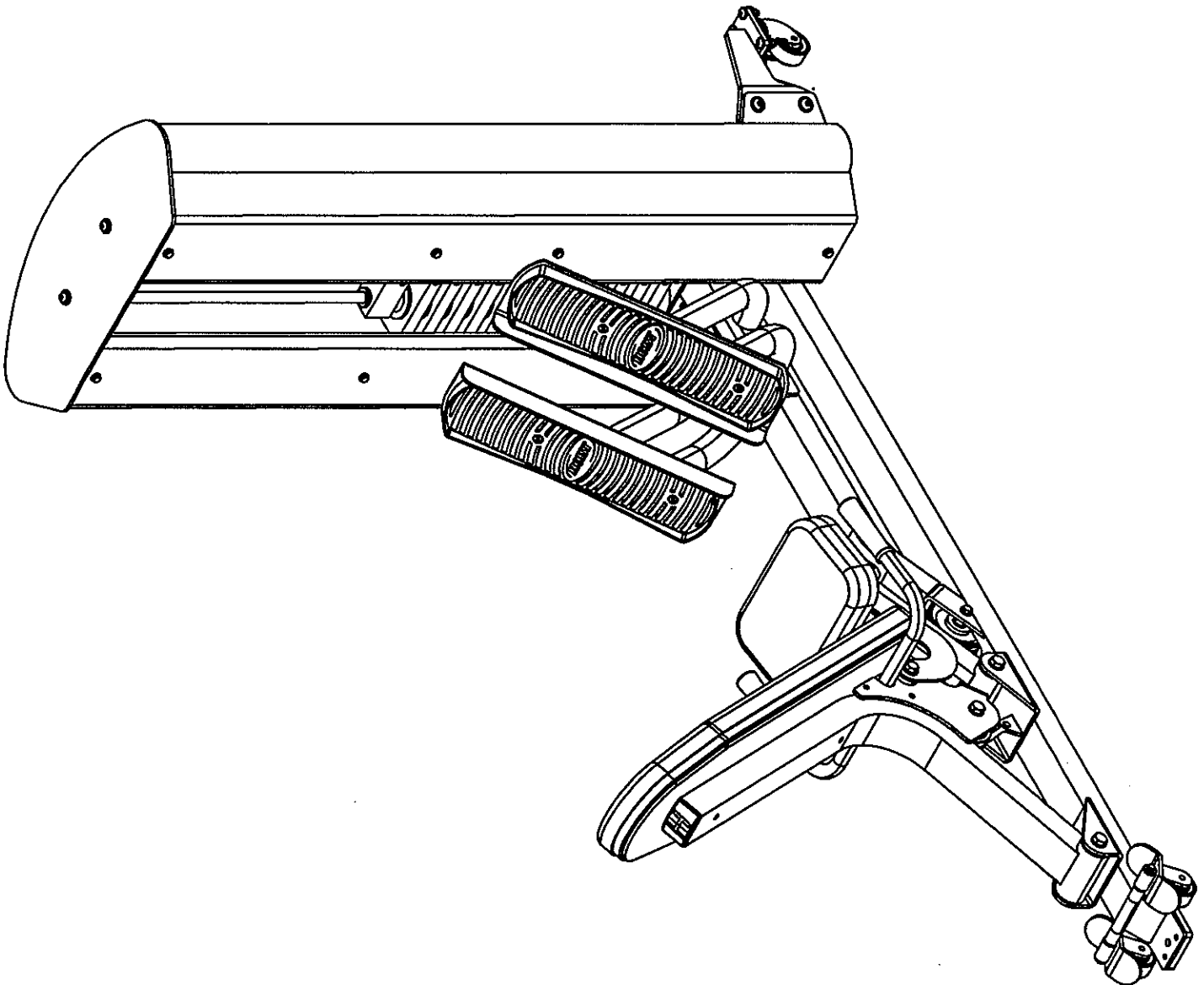
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
7	1	026-01X1254	Right Leg Wheel Assembly
8	1	026-01X1255	Left Leg Wheel Assembly
9	2	026-01X1235	Wheel Assembly
10	1	026-01M0673	Wheel Axle (long)
11	1	026-01M0674	Wheel Axle (short)
12	2	020-0014026	Ø3.00" Polyurethane Wheel
13	2	026-01M0672	Ø0.516" I.D. Spacer
14	2	020-0014025	Swivel Wheel
15	4	014-0101002	Ø0.50" I.D. Flange Oilite
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
41	4	014-0015014	Ø0.50" C-Clip
51	1	026-01X1246	Main Frame Assembly
W1	8	011-0301037	5/16"-18 x 7/8" BHB (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
Z1	2	011-0007050	3/8"-16 x 2 3/4" HHB (WZ)
AA	16	013-0002001	5/16" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BB	8	012-0102006	5/16" Thin Lock Nut (WZ)
BC	2	012-0104008	3/8" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)

KL OPT-02 ASSEMBLY PART/HARDWARE LISTING

16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
17	1	026-01X1256	Right Foot Assembly
18	1	026-01X1257	Left Foot Assembly
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
N	8	011-0201292	3/8"-16 x 11.3mm BHS (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
CB	2	026-01PL350	SBR Rubber Foot Pad

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FRAME/CABLE ASSEMBLY



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Step 3a FRAME ASSEMBLY

Start by sliding (19)'s through (CF)'s and slide them both into (1). Tilt both (19)'s forward enough to allow room to slide the weights on. Slide (5)'s and (CD)'s one after another onto both (19)'s. Now slide (4) onto both (19)'s. Angle both (19)'s vertical and secure to (1) Wrench tighten bolts.

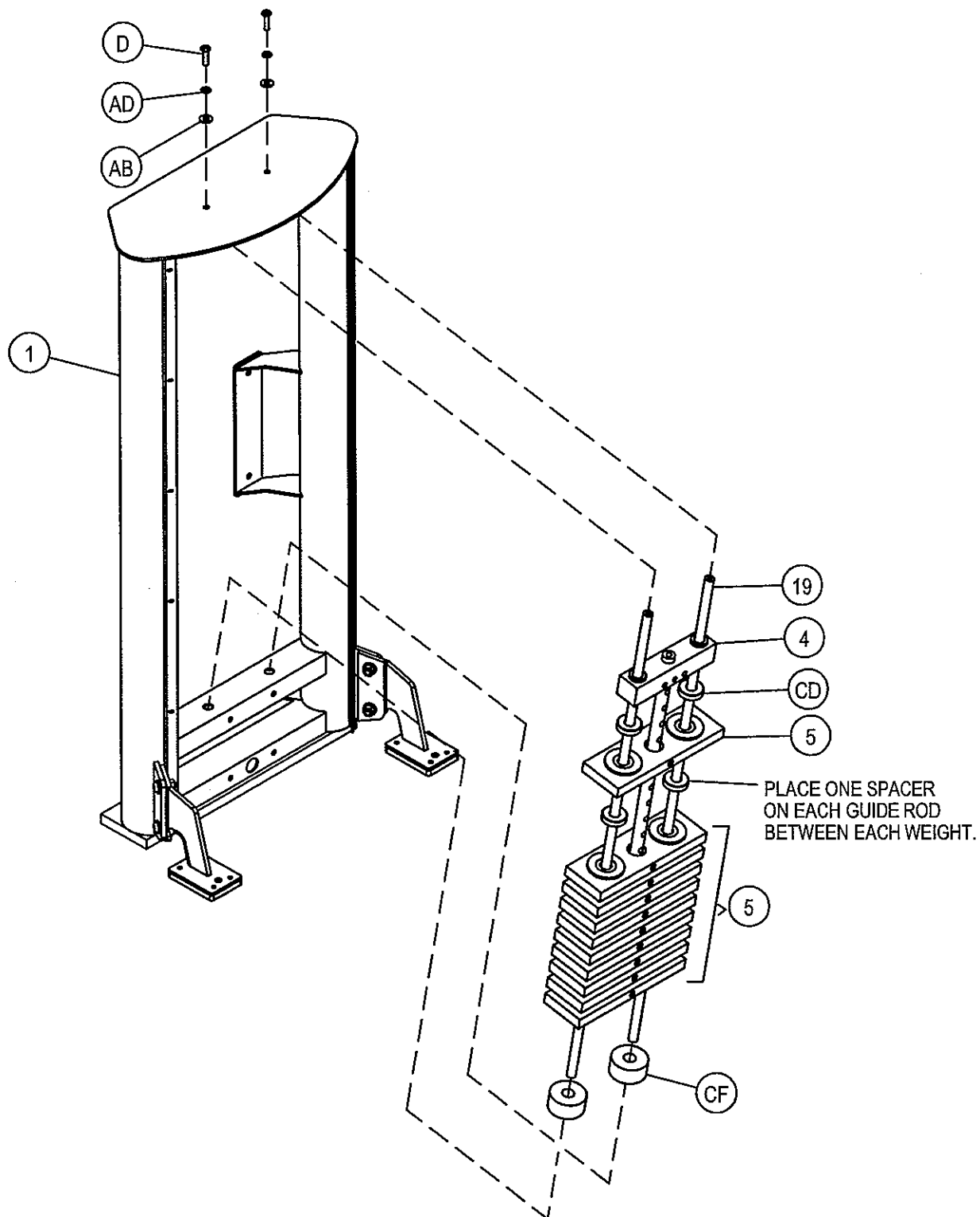
Part Descriptions

- 1 - Weight Cage Assembly
- 4 - 8.25 lb. Top Weight
- 5 - 12.50 lb. Intermediate Weight
- 19 - Ø0.75" x 51" Guide Rod

Hardware Descriptions

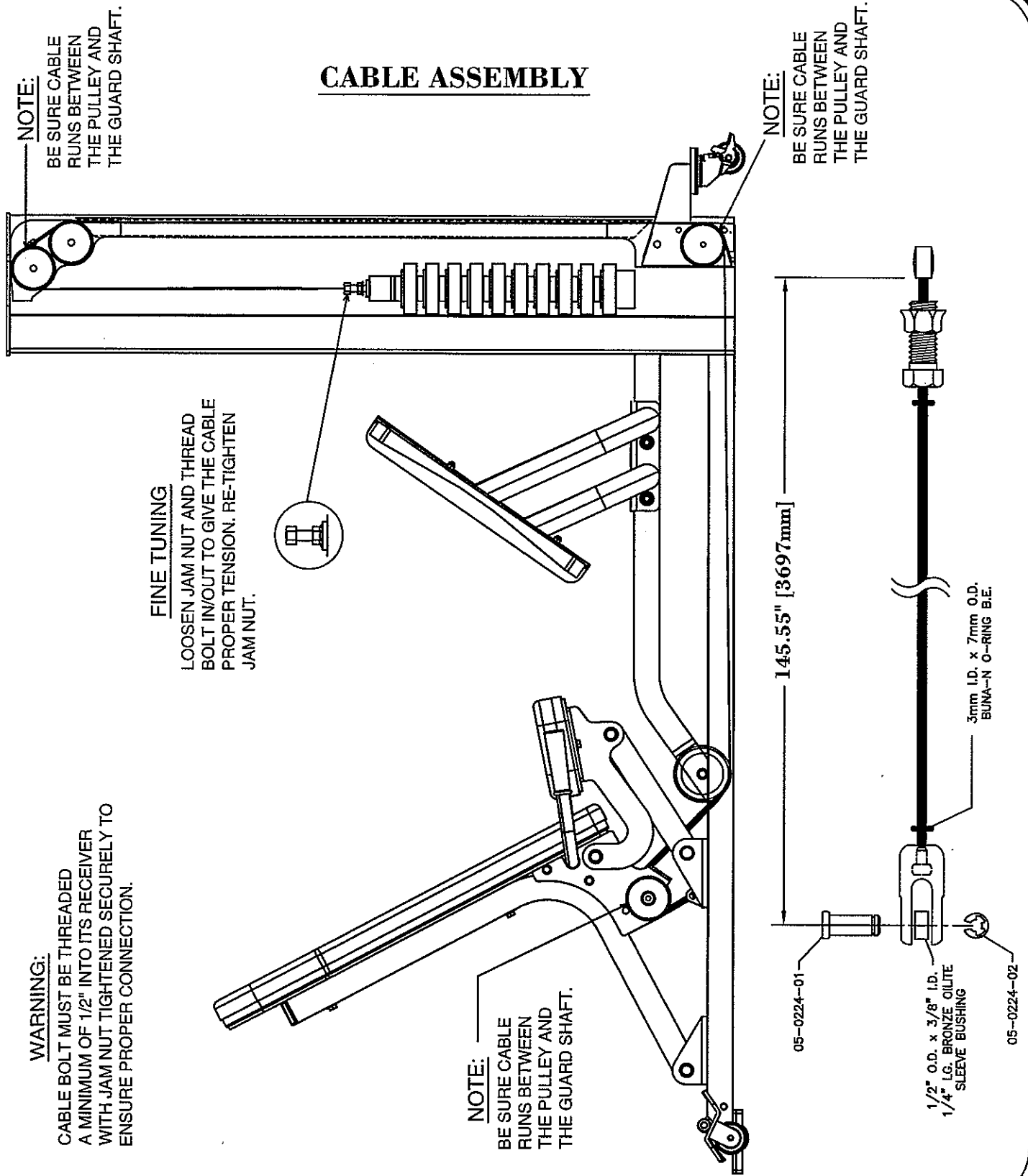
- D - 3/8"-16 x 1" BHS (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- AD - 3/8" Split Lock Washer (WZ)
- CD - Weight Spacer
- CF - Weight Stack Bumper

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CABLE ASSEMBLY



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Step 3b

FRAME/CABLE ASSEMBLY

Start assembly by attaching (CB) to the foot of (51) wrench tighten. Next insert (CA) into (2) from the top end of (2) out the bottom plate hole of (2). Attach (CH)'s while installing cable (CA). Continue (CA) through the hole in the bottom tube of (1), into the bottom hole of the plate on (51) and up through the pulley mount slot and attach (CG). Always be sure that cable (CA) is seated in the pulley groove when mounting any pulley. Now attach the bolt end of (CA) to (1) like shown in the diagram. Now bolt (51) and (2) to (1). Wrench Tighten bolts.

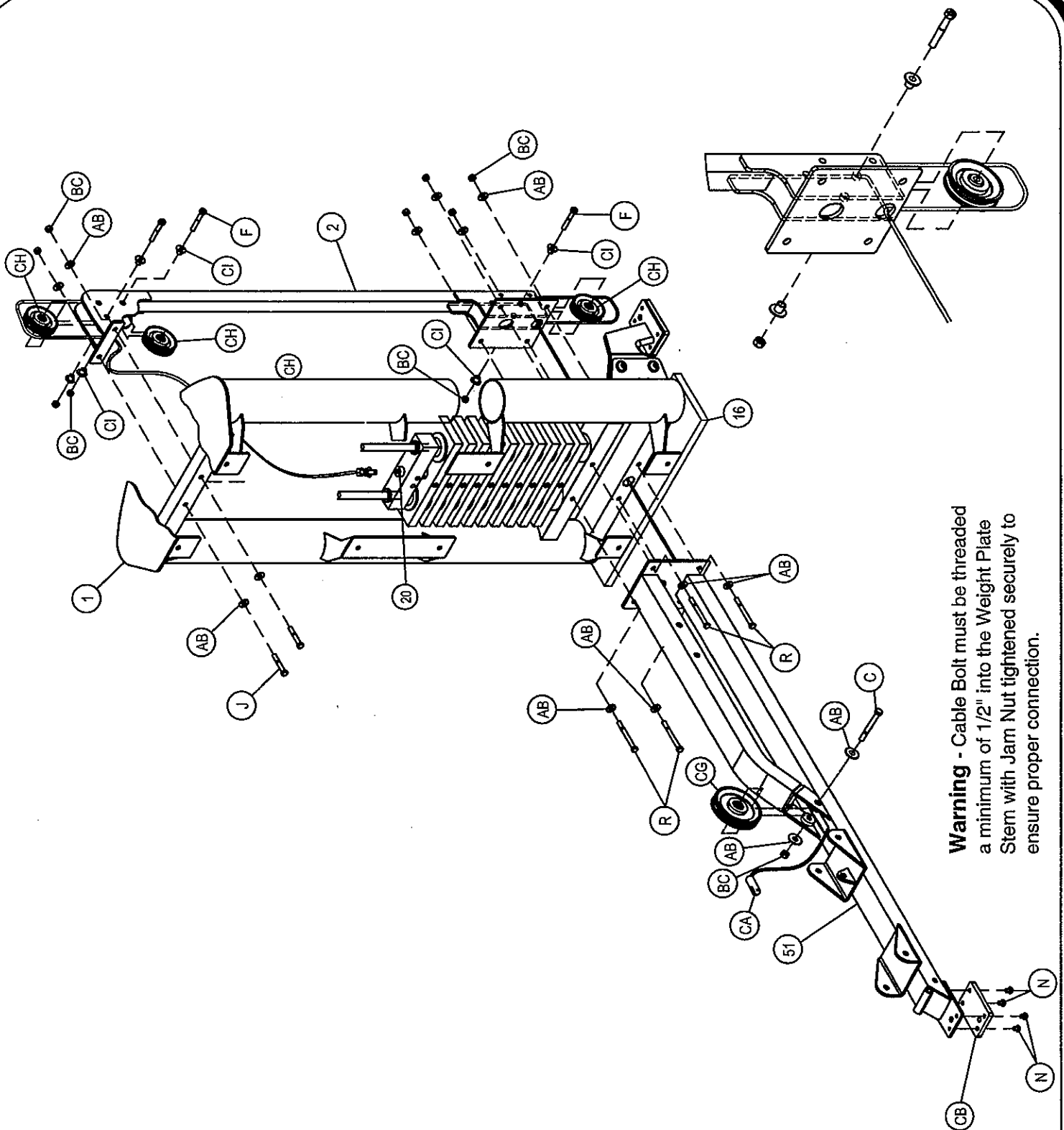
Part Descriptions

- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly
- 16 - 0.75" x 7.00" x 25.00" Spacer
- 20 - 11 Holes Stem
- 51 - Main Frame Assembly

Hardware Descriptions

- C - 3/8 -16 x 3 1/2" HHB (WZ)
- F - 3/8-16 x 2 1/2" HHB (WZ)
- J - 3/8-16 x 2 1/4" HHB (WZ)
- N - 3/8-16 x 11.3mm BHS (WZ)
- R - 3/8-16 x 4" HHB (WZ)
- AB - 3/8" USS Flat Washer (WZ)
- BC - 3/8" Thin Lock Nut (WZ)
- CA - 145.55" lg. Cable
- CB - SBR Rubber Foot Pad
- CG - Ø4.50" Pulley
- CH - Ø3.50" Pulley
- CI - 1/2" Flanged Spacer

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Step 3c FRAME ASSEMBLY

Start assembly by attaching (54) and (55) to (51). Wrench tighten bolts. Slide (21)'s and (25)'s into (56) and (57) and attach (56) to (51). Wrench tighten bolt then back nut off enough so (56) pivots freely. Next attach (57) to (51). Wrench tighten bolt then back nut off enough so (57) pivots freely. Run (CA) around (CH) as shown in diagram and attach to (57) along with spacers (DQ) then wrench tighten. Be sure that cable (CA) is seated in the pulley groove when mounting (CH). Attach clevis end of cable (CA) to (51) as shown in Detail A-1. Now attach (52) to (56) and (57). Wrench tighten both bolts then back nuts off enough so (52), (56) and (57) pivot freely. Last remove assembly spacer (16) under (1).

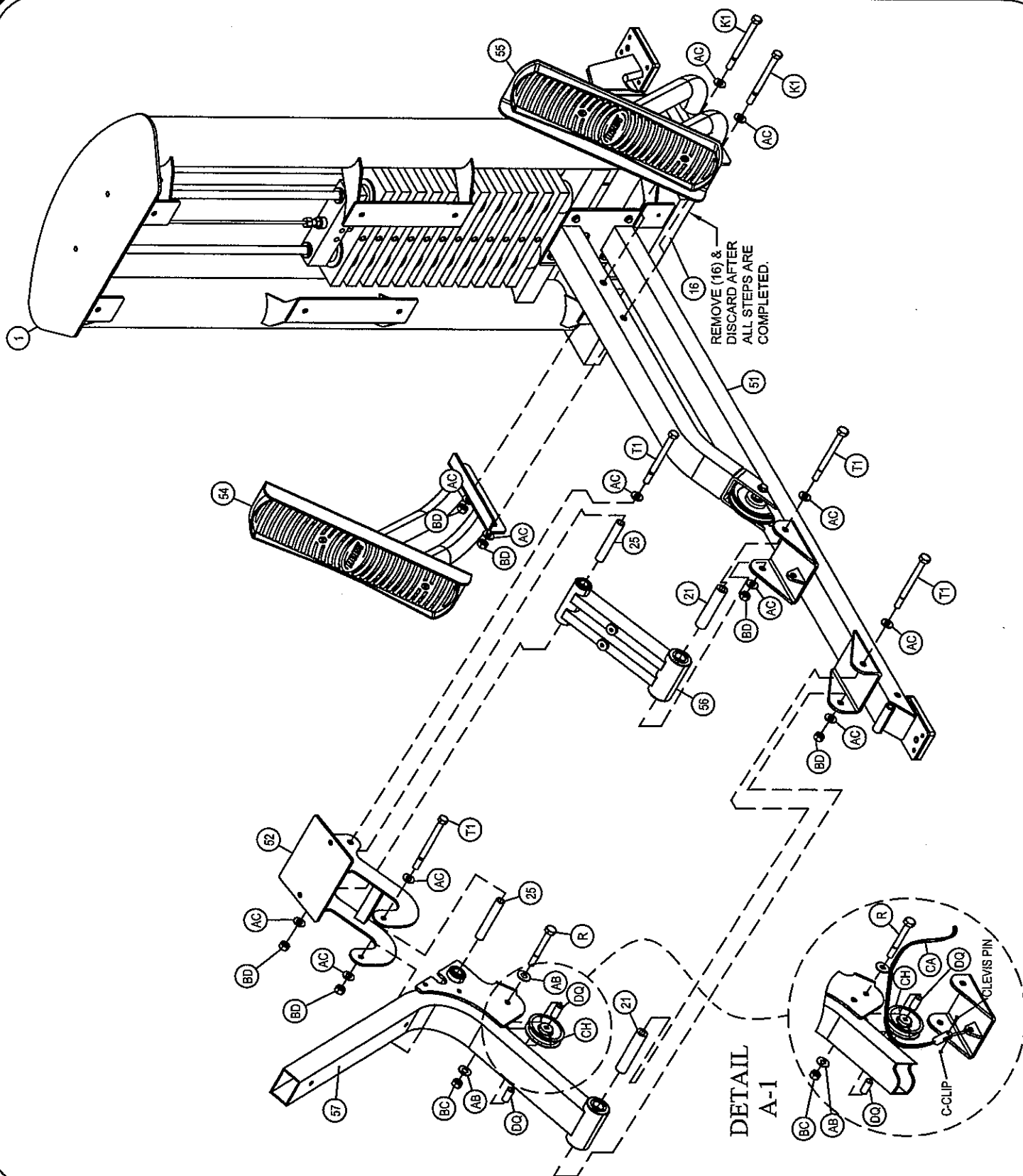
Part Descriptions

1 - Weight Cage Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
21 - Ø1.00" x 4.692" Shaft
25 - Ø.75" x 4.69" Shaft
51 - Main Frame Assembly
52 - Seat Frame Assembly
54 - Footplate Assembly Left
55 - Footplate Assembly Right
56 - Lower Arm Assembly
57 - Weldment Seat/Back Assembly

Hardware Descriptions

R - 3/8"-16 x 4" HHB (WZ)
K1 - 1/2"-13 x 4" HHB (WZ)
T1 - 1/2"-13 x 5 3/4" HHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
CA - 145.55" lg. Cable
CH - Ø3.50" Pulley
DQ - 1" Lg. Standard Spacer

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Step 3d FRAME ASSEMBLY

Start assembly by attaching (58) to (57). Wrench Tighten bolts.

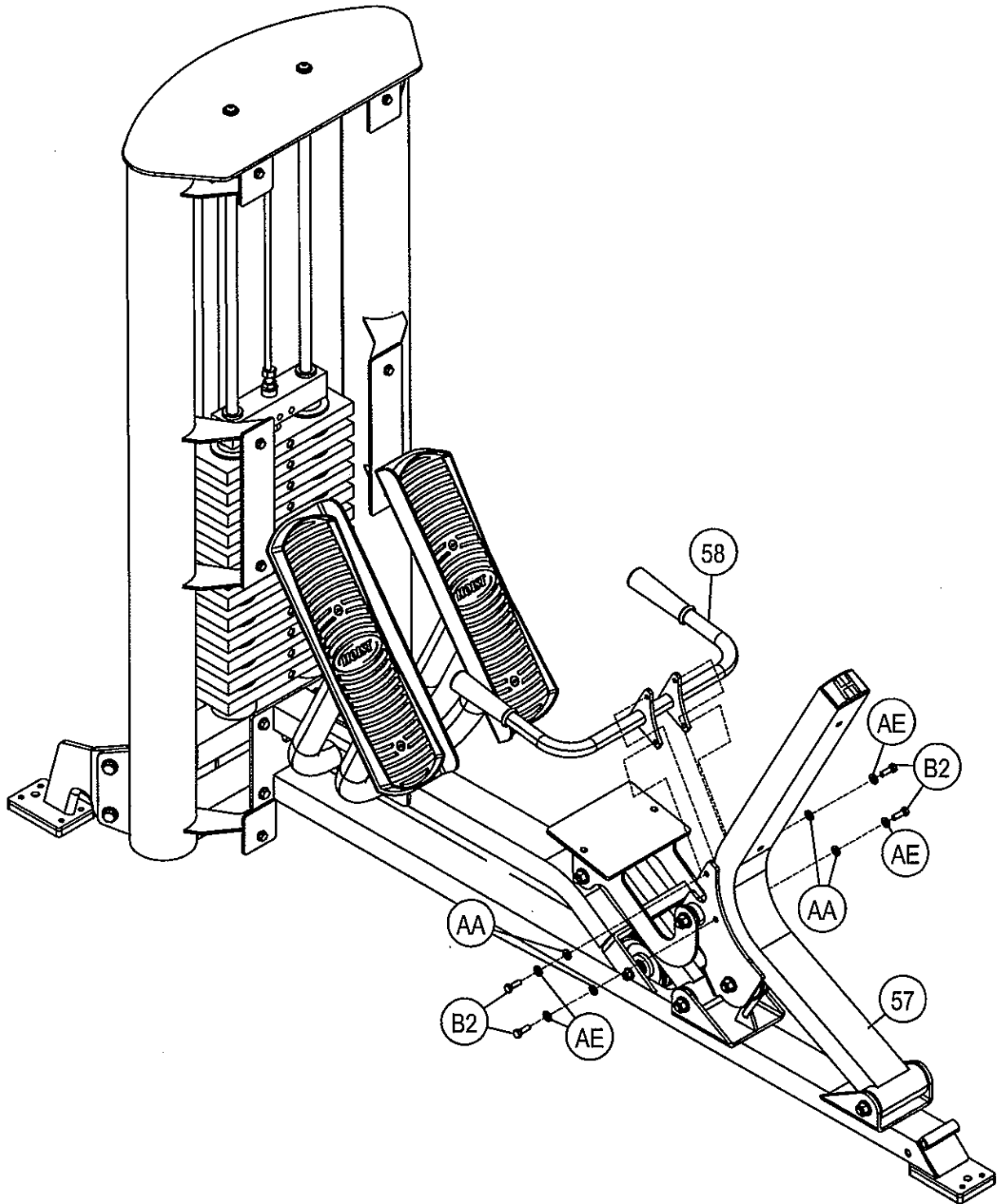
Part Descriptions

57 - WELDMENT SEAT/BACK
ASSEMBLY
58 - HANDLE ASSEMBLY

Hardware Descriptions

B2 - 5/16"-18 x 3/4" HHB (WZ)
AA - 5/16"- SAE FLAT WAHSER (WZ)
AE - 5/16" LOCK WAHSER (WZ)

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Step 3e FRAME ASSEMBLY

Secure (38) to the seating area of (52) and secure (37) to the back area of (57). Wrench Tighten all bolts.

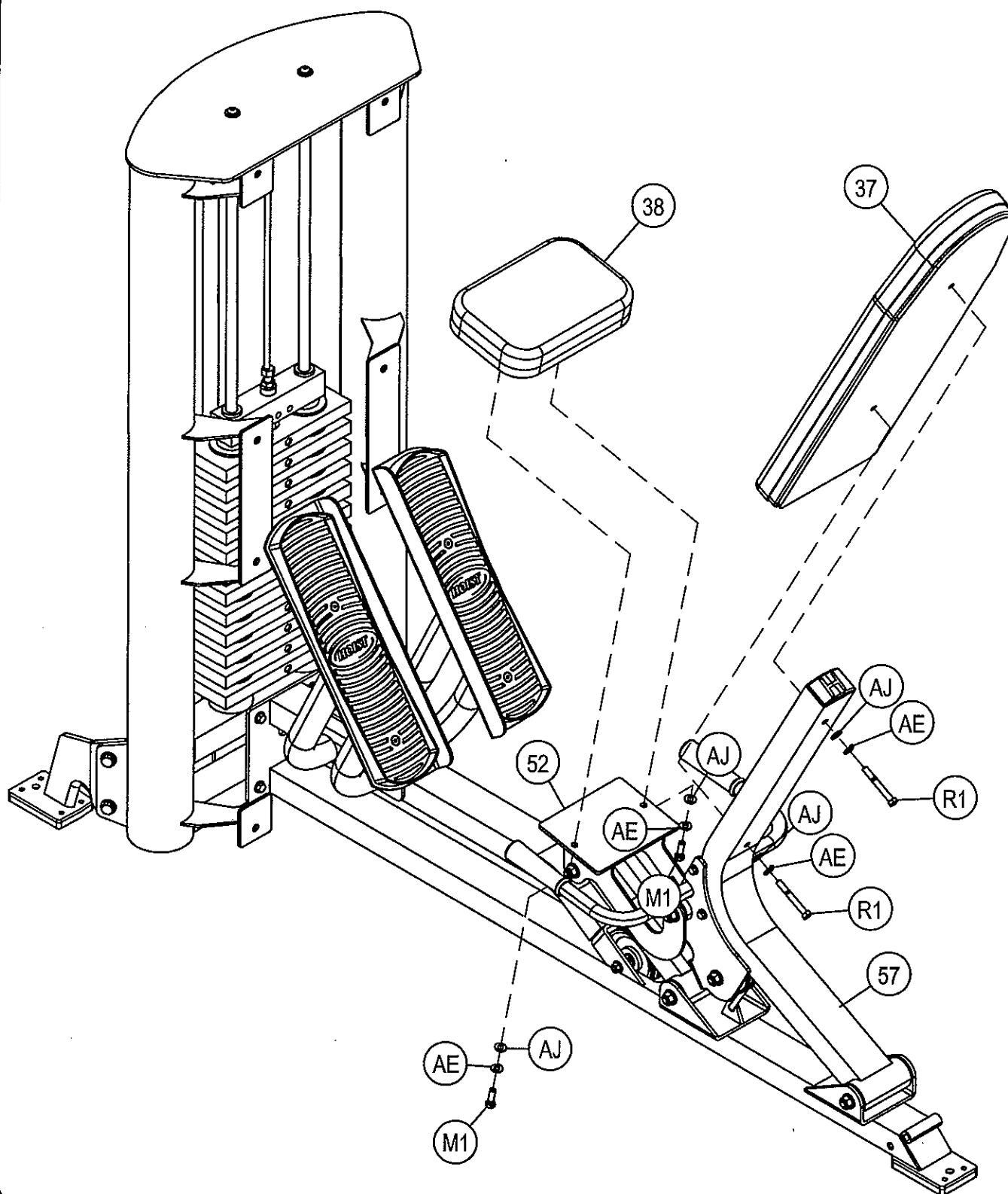
Part Descriptions

37 - BACK SEAT ASSEMBLY
38 - BOTTOM SEAT ASSEMBLY
52 - SEAT FRAME ASSEMBLY
57 - WELDMENT SEAT/BACK ASSEMBLY

Hardware Descriptions

M1 - 5/16"-18 x 1 1/4" HHS (WZ)
R1 - 5/16"-18 x 3" HHS (WZ)
AJ - 5/16" USS FLAT WASHER (WZ)
AE - 5/16"-18 LOCK WASHER (WZ)

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Step 3f SHIELD ASSEMBLY

Secure (3)'s to (1). (Note: Only the (four) 4 middle bolts use locknuts.) Wrench tighten bolts. Then place placards on the front shield covers as described in diagram.

Part Descriptions

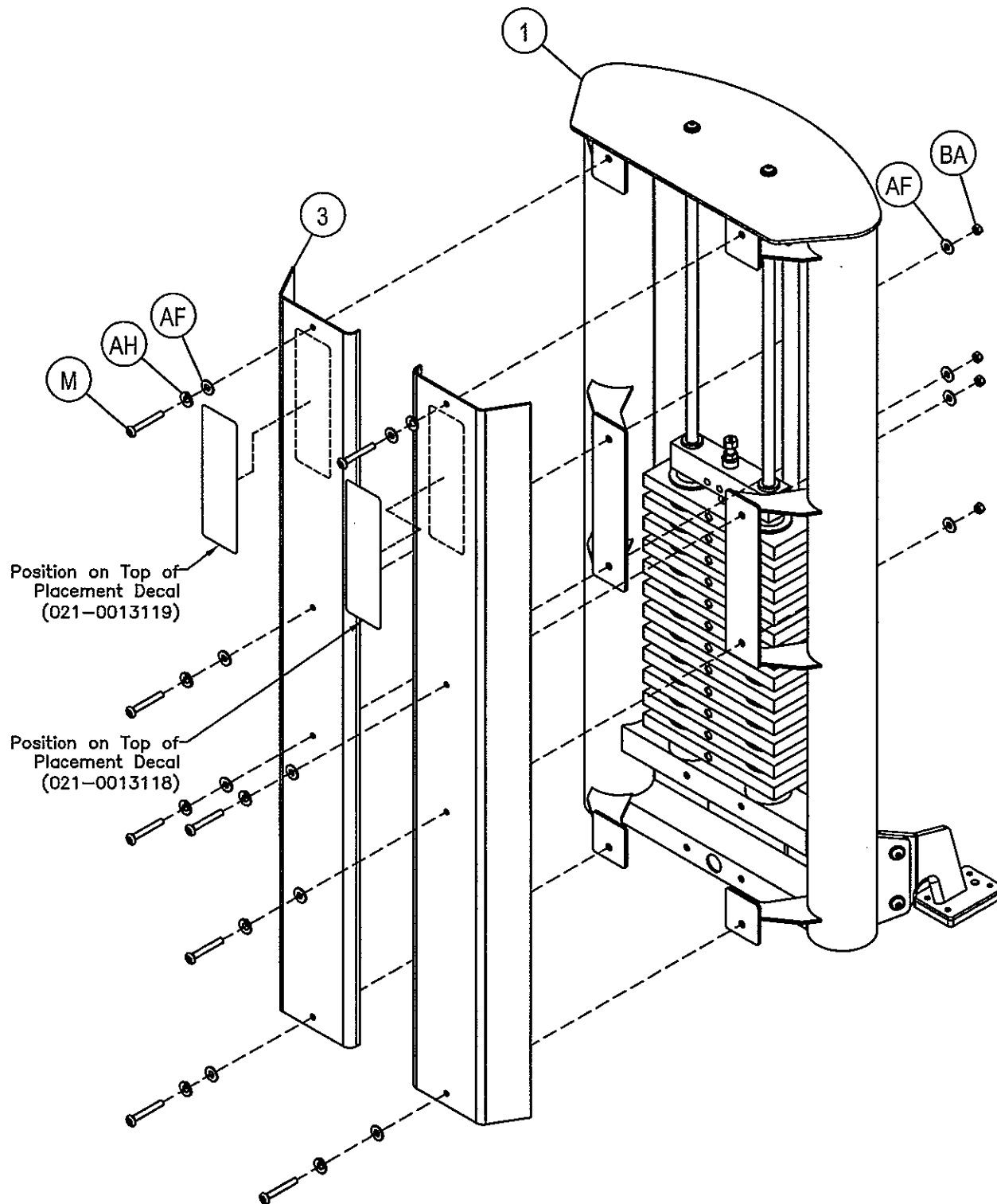
- 1 - Weight Frame Assembly
- 3 - Front Shield Cover

Hardware Descriptions

- M - 5/16"-18 x 1 1/4" BHS (BZ)
- AF - 5/16" SAE Flat Washer (BZ)
- AH - 5/16" Internal Lock Washer (BZ)
- BA - 5/16" Thin Lock Nut (BZ)

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NOTE: INSTRUCTOR DECAL 021-0013118 AND EXERCISE DECAL 021-0013119 MUST BE APPLIED TO SHIELDS BEFORE USE.



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Step 3g SHIELD ASSEMBLY

Attach and align all (CE) clips to holes in (CC) (if not previously installed). *NOTE: The clips (CE) have a lip on one side. This lip must be on weights stack side of (CC) as shown in DETAIL A-1.* Insert left side of (CC) into the left mounting rail on (1) (see DETAIL A-1). Secure with screw (S1). Next, wrap (CC) over (2) and while carefully arching a bow in (CC) slide the right side of (CC) into the right mounting rail on (1). Secure with screws (S1). In some cases, pressure may need to be applied behind clips (CE) to engage screws (S1).

IMPORTANT

Now that the KL2403 machine is completely assembled take time to assure that your unit is assembled square and perpendicular. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

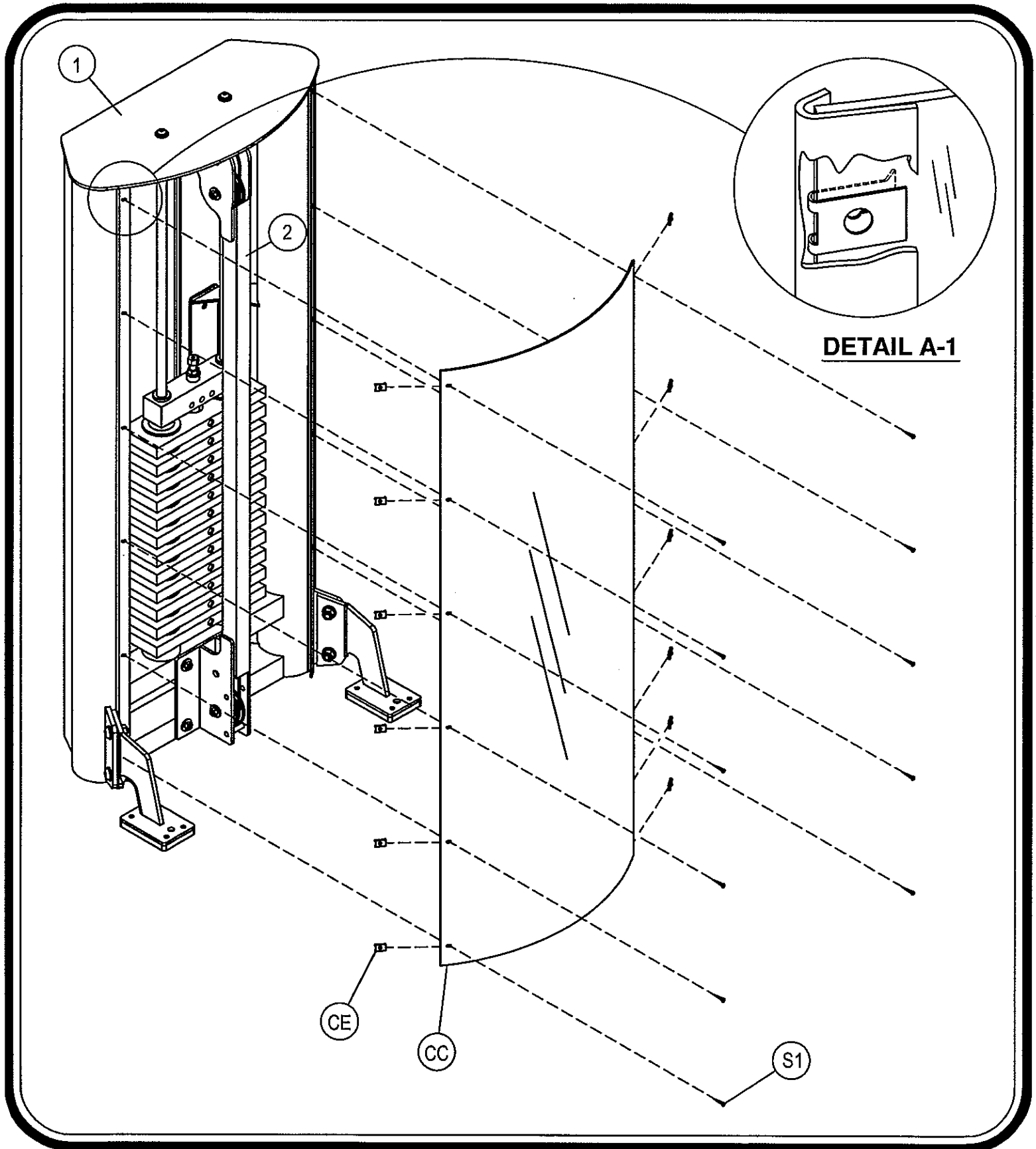
Part Descriptions

- 1 - Weight Cage Frame Assembly
- 2 - Rear Supporter Frame Assembly

Hardware Descriptions

- S1 - #8 x 5/8 L Phil Sheet Metal Screw
- CC - Lexan Shield Cover
- CE - .125 Panel U-Nut

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PRE-ASSEMBLY

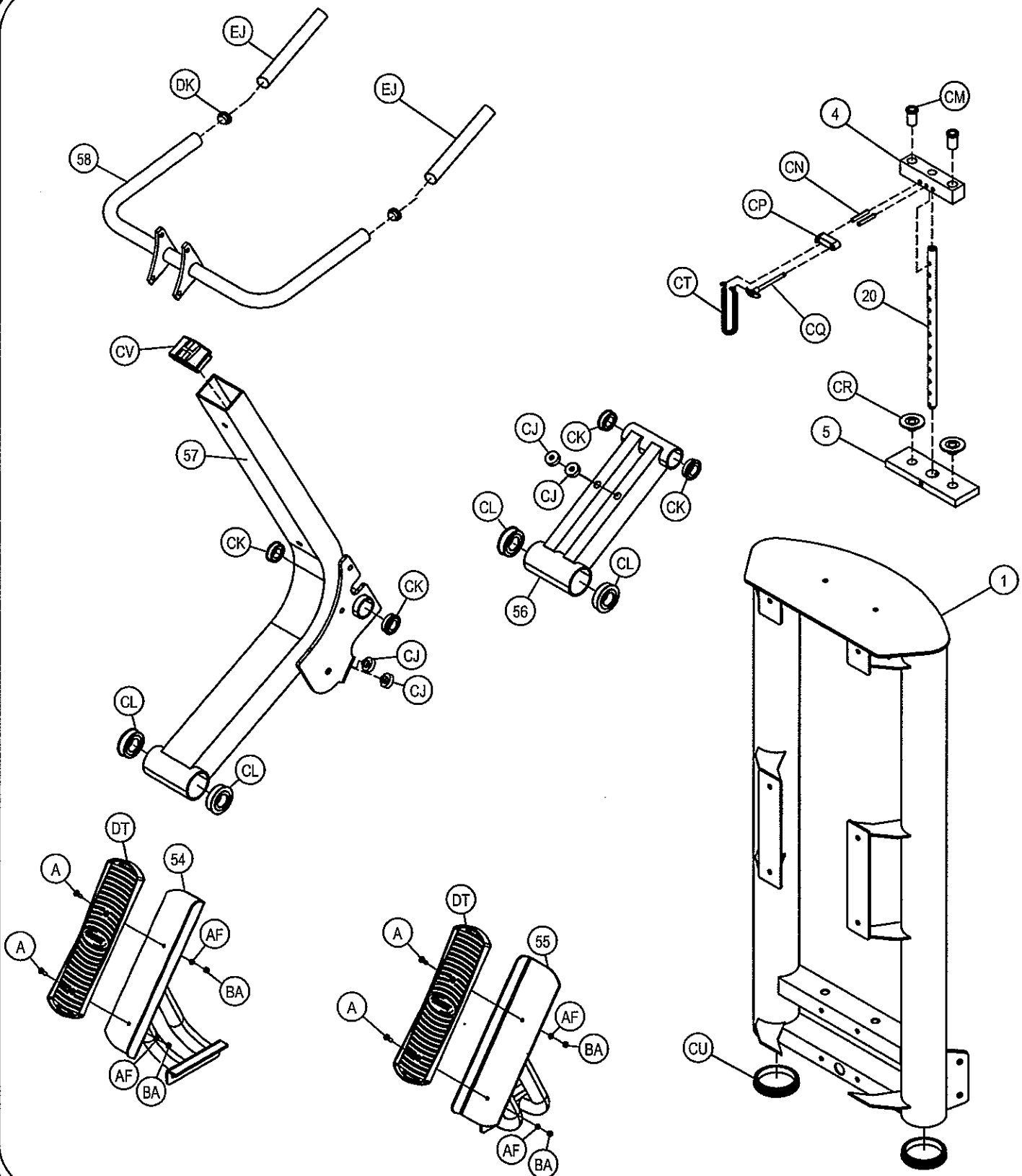
Part Descriptions

- 1 - Weight Cage Assembly
- 4 - 8.25 lb. Top Weight
- 5 - 12.50 lb. Intermediate Weight
- 20 - 11 Hole Stem
- 54 - Foot Plate Assembly Right
- 55 - Foot Plate Assembly Left
- 56 - Lower Arm Assembly
- 57 - Weldment Seat/Back Assembly
- 58 - Handle Assembly

Hardware Descriptions

- A - 5/16"-18 x 1 1/4" FHS (BZ)
- AF - 5/16" SAE FLAT WASHER (BZ)
- BA - 5/16" THIN LOCK NUT (BZ)
- CJ - PLUG BUMPER
- CK - Ø0.75" I.D. Bearing (Small)
- CL - Ø1.00" I.D. Bearing (Large)
- CM - Guide Rod Bushing
- CN - Ø7/16" x 2 3/4" Roll Pin
- CP - Lanyard/Selector Pin Stand Off
- CQ - Selector Pin
- CR - Intermediate Weight Bushing
- CT - Lanyard Coil
- CU - Ø4.50" x .120 Cap
- CV - 2" x 3" Horizontal "H" End Cap
- DK - Ø1.00" End Cap
- DT - Modeled Foot Pad
- EJ - Ø1.00" x 13.5" Closed Rubber Grip

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PART LISTING

<u>KEY</u>	<u>QTY.</u>	<u>PART#'s</u>	<u>DESCRIPTION</u>
1	1	026-01X1238	WEIGHT CAGE ASSEMBLY
2	1	026-01X1242	REAR SUPPORTER FRAME ASSY.
3	2	026-01PL1133	FRONT SHIELD COVER
4	1	026-011300034	8.25 lb. TOP WEIGHT
5	10	026-01W0101	12.50lb. INTERMEDIATE PLATE
16	1	026-01PL355	0.75" x 7.00 x 25.00" SPACER
19	2	026-01G0172	0.75" DIA. x 51" GUIDE ROD
20	1	026-01W0151	11 HOLE STEM
21	2	026-01M0660	1.00" DIA. x 4.692" SHAFT
25	2	026-01M0681	0.75" DIA. x 4.69" SHAFT
37	1	022-01PD0093-A	BACK PAD UPHOLSTERY ASSY.
38	1	022-01PD0094-A	SEAT PAD UPHOLSTERY ASSY.
51	1	026-01X1246	MAIN FRAME ASSEMBLY
52	1	026-01X1250	SEAT FRAME ASSEMBLY
54	1	026-01X1230	FOOT PLATE ASSEMBLY RIGHT
55	1	026-01X1229	FOOT PLATE ASSEMBLY LEFT
56	1	026-01X1232	LOWER ARM ASSEMBLY
57	1	026-01X1233	WELDMENT SEAT/BACK ASSY
58	1	026-01X1231	HANDLE ASSEMBLY

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HARDWARE LISTING

<u>KEY</u>	<u>QTY.</u>	<u>PART#¹s</u>	<u>DESCRIPTION</u>
A	4	011-0002045	5/16"-18 x 1 1/4" FHS (BZ)
B2	4	011-0407033	5/16"-18 x 3/4" HHB (WZ)
C	1	011-0007052	3/8"-16 x 3 1/2" HHB (WZ)
D	2	011-0101026	3/8"-16 x 1 BHS (WZ)
F	3	011-0107007	3/8"-16 x 2 1/2" HHB (WZ)
J	2	011-0107026	3/8"-16 x 2 1/4" HHB (WZ)
K1	2	011-0101070	1/2"-13 x 4" HHB (WZ)
M	8	011-0201007	5/16"-18 x 1 1/4" BHS (BZ)
M1	2	011-0107011	5/16"-18 x 1 1/4" HHS (WZ)
N	4	011-0201292	3/8"-16 x 11.3mm BHS (WZ)
R	5	011-0407025	3/8"-16 x 4" HHB (WZ)
R1	2	011-0407030	5/16"-18 x 3" HHB (WZ)
S1	12	011-0201012	#8 x 5/8" LG. PHIL SHEET METAL SCREW
T1	4	011-0107022	1/2"-13 x 5 3/4" HHB (WZ)
AA	4	013-0002001	5/16" SAE FLAT WASHER (WZ)
AB	18	013-0402005	3/8" USS FLAT WASHER (WZ)
AC	12	013-0102003	1/2" SAE FLAT WASHER (WZ)
AD	2	013-0102020	3/8" SPLIT WASHER (WZ)
AE	8	013-0102021	5/16" LOCK WASHER (WZ)
AF	16	013-0202003	5/16" SAE FLAT WASHER (BZ)
AH	8	013-0206002	5/16" INTERNAL LOCK WASHER (BZ)
AJ	4	013-0102004	5/16" USS FLAT WASHER (WZ)
BA	8	012-0004005	5/16" THIN LOCK NUT (BZ)
BB	2	012-0102006	5/16" THIN LOCK NUT (WZ)
BC	11	012-0104008	3/8" THIN LOCK NUT (WZ)
BD	6	012-0304011	1/2" THIN LOCK NUT (WZ)
CA	1	026-01C255T	145.55" CABLE
CB	1	026-01PL350	SBR RUBBER FOOT PAD
CC	1	026-01PL347	LEXAN SHIELD COVER
CD	20	026-01PL348	WEIGHT SPACER
CE	12	014-0014003	.125" PANEL U-NUT
CF	2	26-STD-06-0253	WEIGHT STACK BUMPER
CG	1	018-0002012	4.50" DIA. PULLEY
CH	4	26-STD-06-0024	3.50" DIA. PULLEY
CI	6	26-STD-08-0010	1/2" FLANGED SPACER
CJ	4	019-0001001	PLUG BUMPER
CK	4	014-0005001	0.75" I.D. BEARING (SMALL)
CL	4	014-0009007	1.00" I.D. BEARING (LARGE)
CM	2	026-01PL134	GUIDE ROD BUSHING
CN	2	030-030310	7/16" DIA. x 2-3/4" ROLL PIN
CP	1	026-01PL291	LANYARD/SELECTOR PIN STANDOFF
CQ	1	026-01M0134	SELECTOR PIN
CR	2	026-01W0122	INTERMEDIATE WEIGHT BUSHING
CT	1	010-0008001	LANYARD COIL
CU	2	026-01PL349	4.50" DIA. x .120" CAP
CV	1	026-01PL192RH	2" x 3" HORIZONTAL "H" END CAP
DK	2	016-0201006	Ø1.00" END CAP
DQ	2	014-0018002	1" LG. SPACER
DT	2	026-01PL344	MODELED FOOT PAD
EJ	2	019-0002028	Ø1.00" x 13.5" CLOSED RUBBER GRIP

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

BHS = Button Head Screw

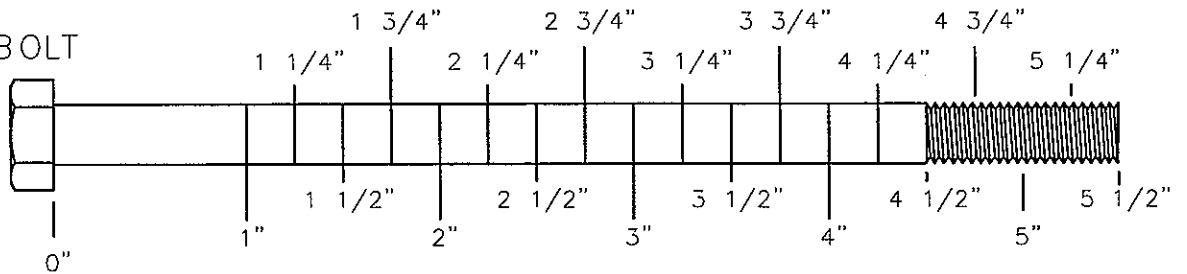
BHB = Button Head Bolt

SHS = Socket Head Screw

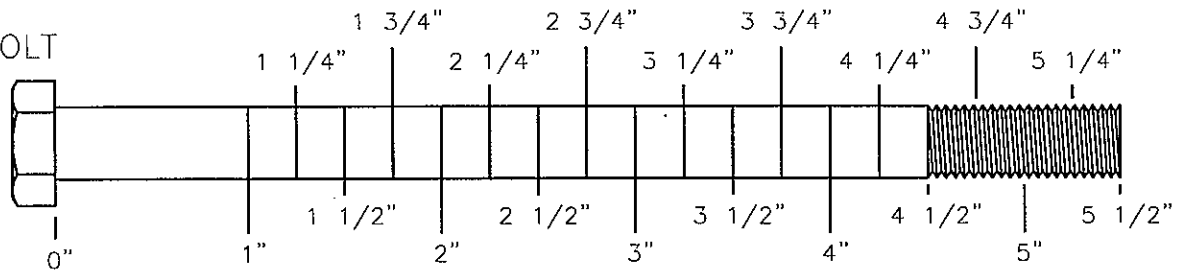
HHB = Hex Head Bolt

OWNERS MANUAL

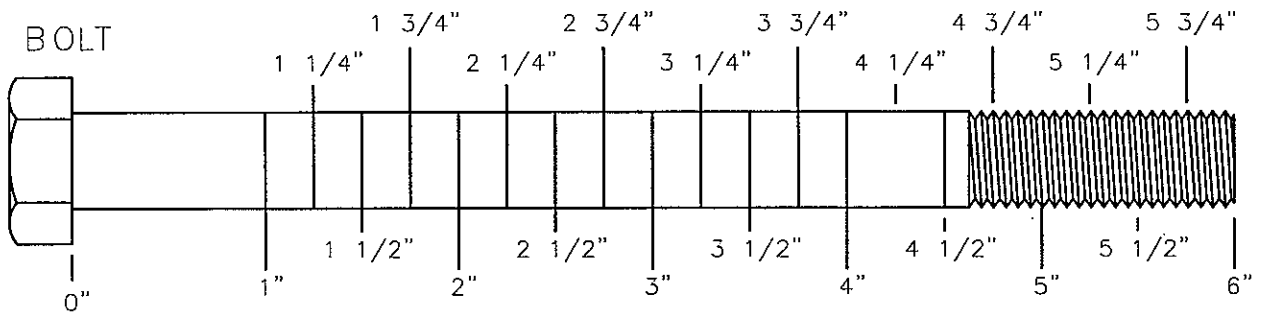
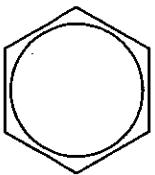
5/16" HEX BOLT



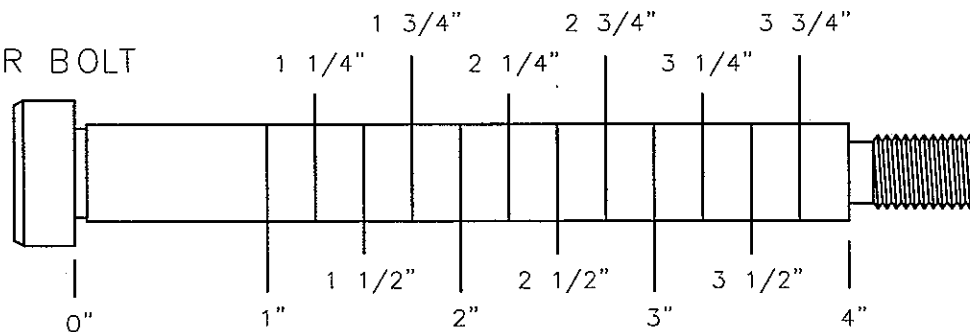
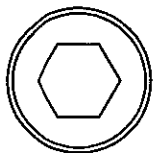
3/8" HEX BOLT



1/2" HEX BOLT

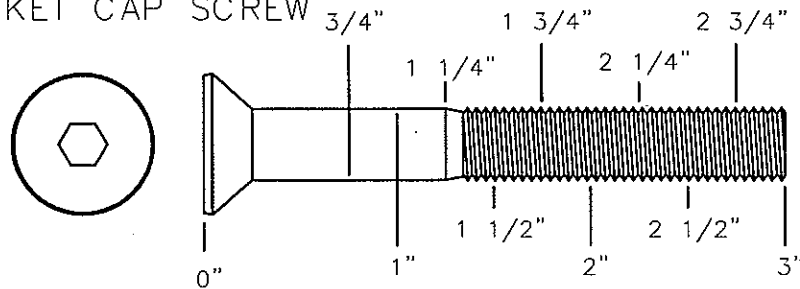


1/2" SHOULDER BOLT

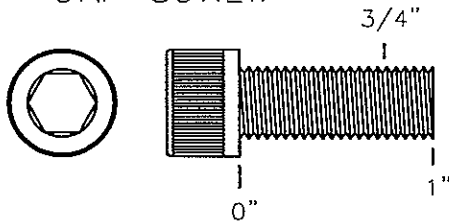


OWNERS MANUAL

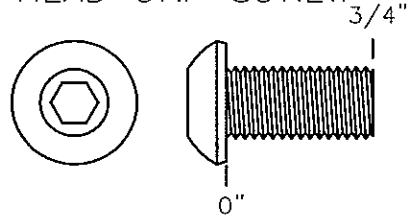
3/8" FLATHEAD
SOCKET CAP SCREW



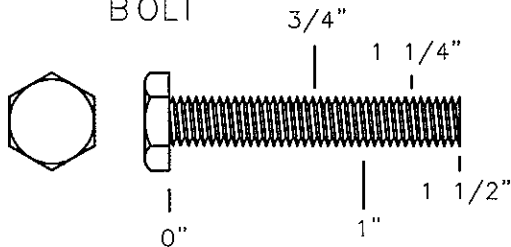
3/8" SOCKET
CAP SCREW



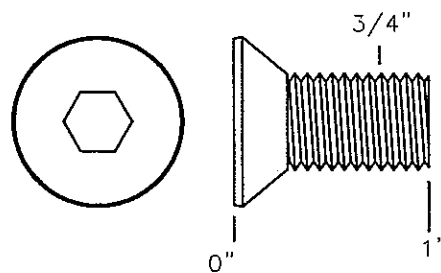
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

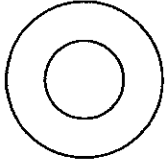


1/2" FLATHEAD
SOCKET CAP SCREW

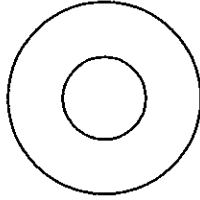


OWNERS MANUAL

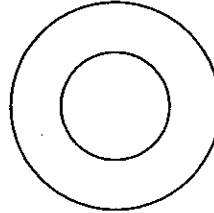
5/16"
FLAT WASHER
LARGE, USS, 25mm



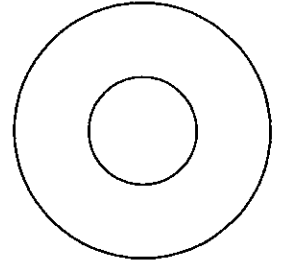
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm



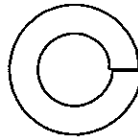
1/2"
FLAT WASHER
LARGE, USS, 34mm



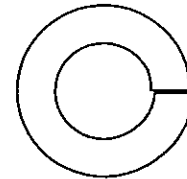
1/4"
LOCK WASHER



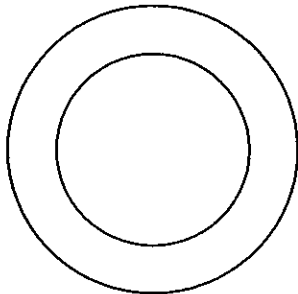
3/8"
LOCK WASHER



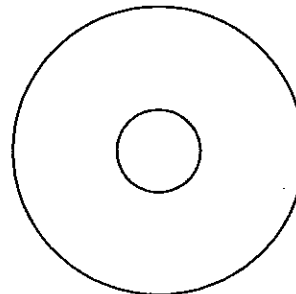
1/2"
LOCK WASHER



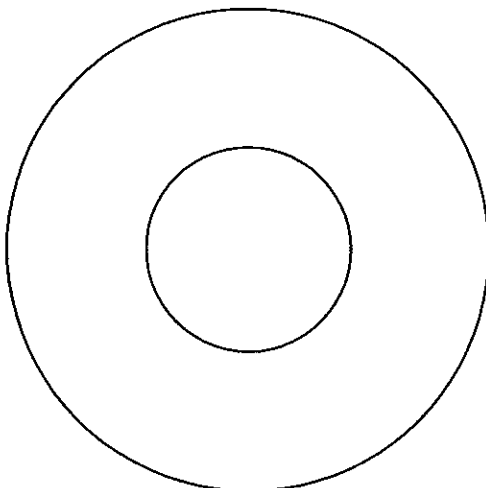
1" SHIM WASHER



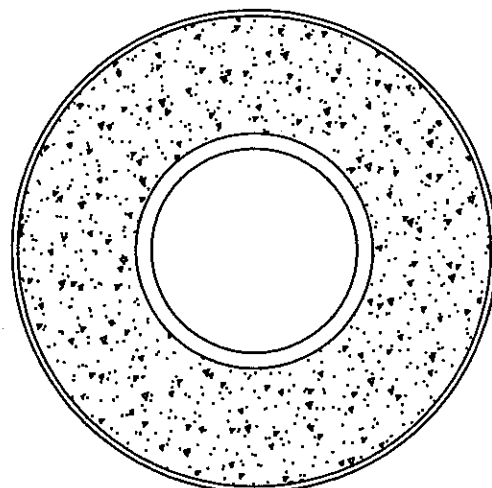
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

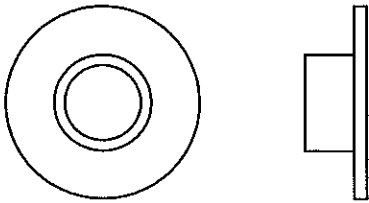


PLASTIC 1 1/16"
FENDER WASHER

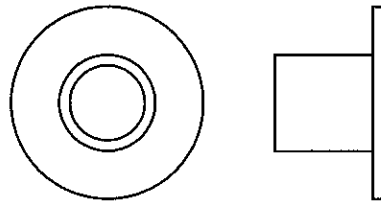


OWNERS MANUAL

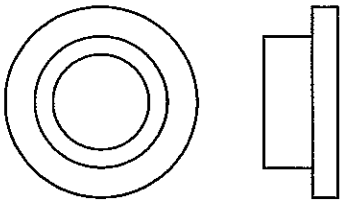
1/4" LONG
FLANGED SPACER



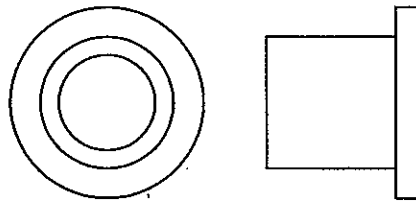
1/2" LONG
FLANGED SPACER



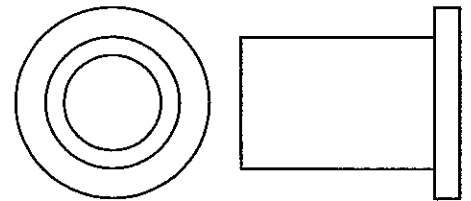
1/4" LONG HEAVY
FLANGED SPACER



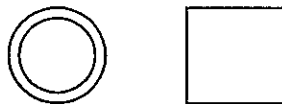
11/16" LONG HEAVY
FLANGED SPACER



1" LONG HEAVY
FLANGED SPACER



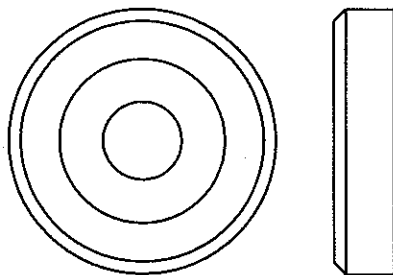
1/2" LONG
SPACER



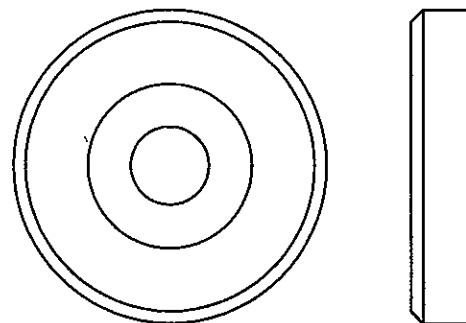
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

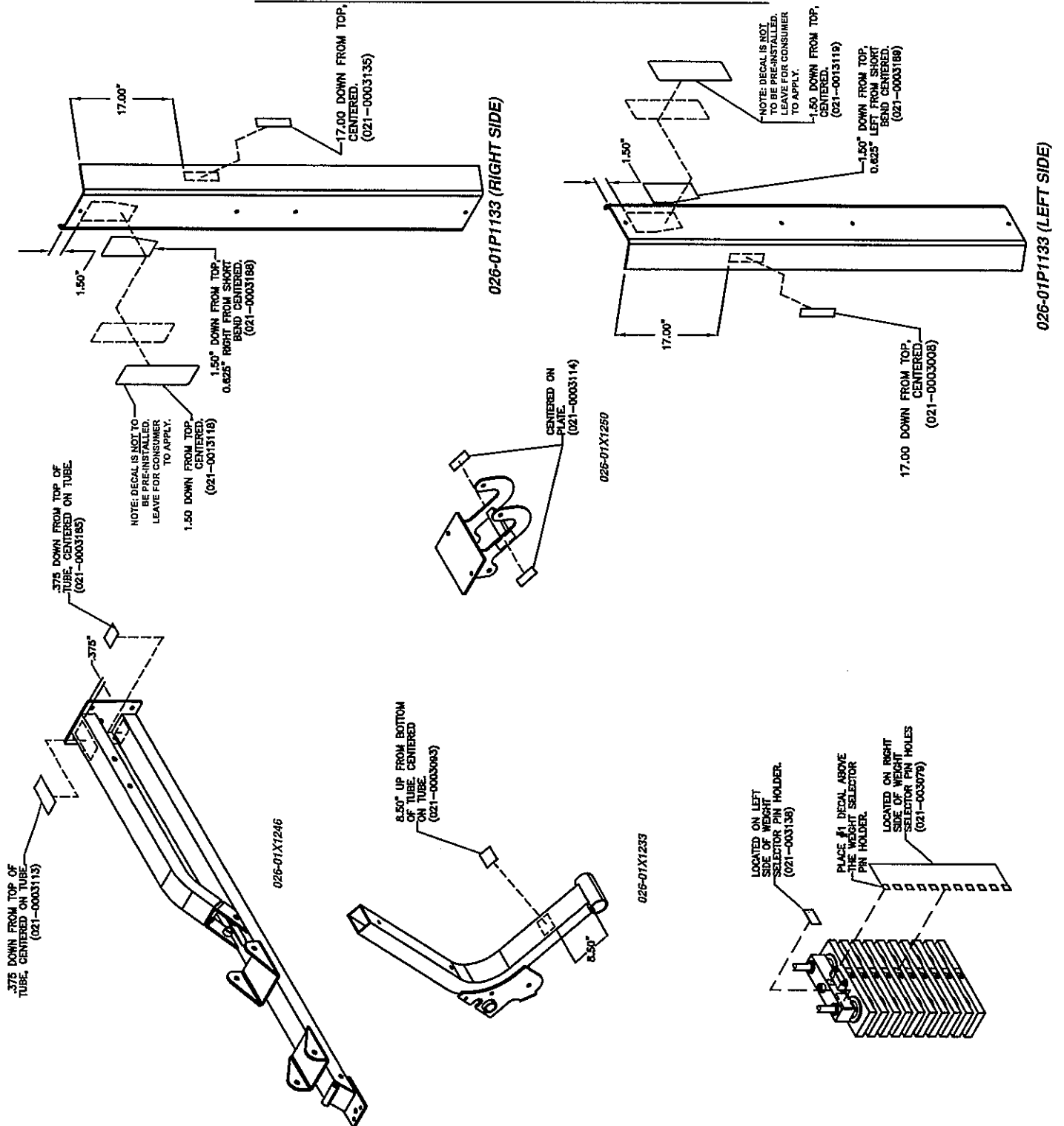
WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

[illegible]

OWNERS MANUAL

DECAL PLACEMENTS



DECAL REFERENCE

KL 2403

SQUAT PRESS

INSTRUCTOR GUIDELINES

Primary Muscles Used:

Primary muscles used.
 Quadriceps (front of thighs), Gluteal (buttocks),
 Hamstrings (back of thighs).

Joint Action:

Hip Extension and Knee Extension.

Instructions:

The child should sit on seat with their hips against the back pad and their feet placed on the footrests. Be sure that both feet are positioned at the same level. A higher foot placement will involve more of the gluteal and hamstrings. Make sure the child holds on to the seat handles for stability and proper positioning.

Exercise Action:

While grasping the seat handles and keeping the hips against the back pad, the child should push and extend their legs, moving the seat and back pad rearward. Return the seat to the starting position to repeat the exercise. The child should continue to hold onto the seat handles to maintain their position on the back pad throughout the exercise movement.

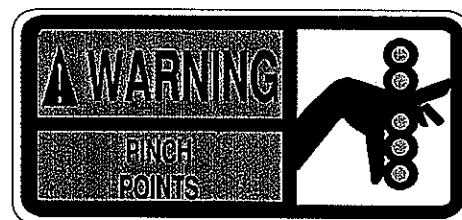
Exercise movements should be slow and controlled. AT NO TIME DURING THE EXERCISE MOVEMENT SHOULD THE CHILD LET GO OF THE SEAT HANDLES OR REMOVE THEIR FEET FROM THE FOOTRESTS.

Instruct the child to breathe during each exercise; IN prior to beginning the exercise, OUT during the exertion, and IN while returning the weight to the starting position. BE CERTAIN THE CHILD DOES NOT HOLD THEIR BREATH DURING THE EXERCISE.

For more detailed instructions be sure to consult your owners manual.



021-0013118



021-0003114

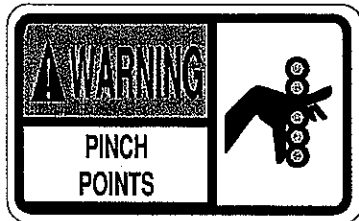


021-0003093

021-0003135

OWNERS MANUAL

DECAL REFERENCE



021-003138

1

2

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11

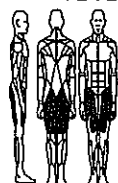
021-003079

OWNERS MANUAL

DECAL REFERENCE

KL 2403 SQUAT PRESS

EXERCISE GUIDELINES



Primary Muscles Used:

Quadriceps, Gluteal, and Hamstrings.

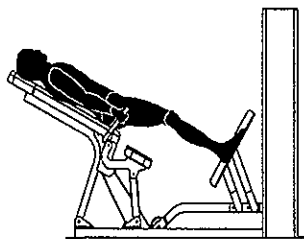
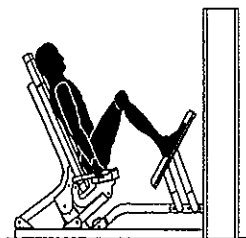
Instructions:

Sit in the seat and place the feet securely and at the same time level on the footplate. Grasp the handles.

Action:

While grasping the handles, press under control on the footplates to extend the legs. Continue to hold onto the handles to maintain position on back pad. Return to the start position under control. **THE FEET SHOULD NEVER LEAVE THE FOOTPLATE.**

Be certain to breathe properly.



Do not use this equipment without
an instructors supervision.

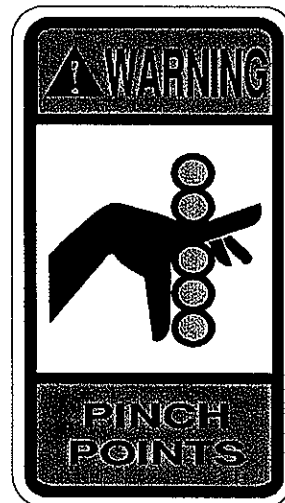


021-0013119

NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x				
Clean; Upholstery	x				
Inspect; Cables or Belts and their tension	x				
Inspect; Accessory Bars and Handles		x			
Inspect; All Decals		x			
Inspect; All nuts and Bolts Tighten if Needed.		x			
Inspect; Anti-Skid Surfaces		x			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			x		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			x		
Clean & Wax; All Glossy Finishes				x	
Repack with Grease Linear Bearings				x	
Replace; Cables, Belts and Connecting Parts.					x

021-0003008



021-0003113



1-800-548-5438
www.hoistfitness.com
02KL-00000

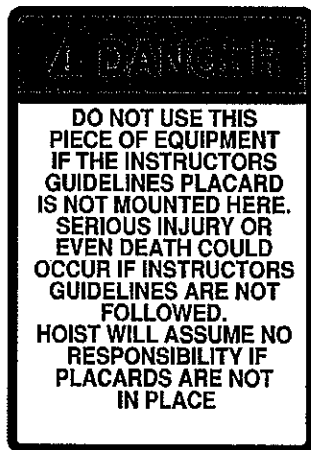
021-0003185

SERIAL # DECAL: Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

OWNERS MANUAL

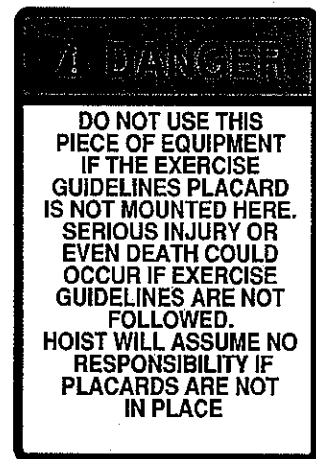
DECAL REFERENCE

TOP LEFT CORNER OF
INSTRUCTORS
GUIDELINES PLACARD
LINES UP HERE



021-0003188

TOP RIGHT CORNER OF
EXERCISE
GUIDELINES PLACARD
LINES UP HERE



021-0003189

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY											
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY												
Clean; Upholstery	DAILY	WEEKLY												
Inspect; Cables or Belts and their tension	DAILY	WEEKLY												
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS												
Inspect; All Decals	WEEKLY	3 MONTHS												
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS												
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS												
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS												
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS												
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY												
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY												
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS												

Your equipment comes with a commercial maintenance decal.

For personal, in home use, please follow the home maintenance schedule listed above.

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.*

**Check slack in cables and readjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase; normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS